



News Release

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Volunteers needed for Arapahoe County Adopt-a-Senior program

Spend time, provide support and assist seniors in your community

LITTLETON, CO – Arapahoe County Volunteer Connections is looking for volunteers for the Adopt-A-Senior program, which provides senior citizens with volunteers who can provide neighborly support. There are currently 13 seniors waiting for a volunteer match.

Volunteers make weekly check-in calls and can connect with their senior by sharing meals, sending birthday cards, playing music or games together and helping them celebrate the holidays. Additionally, volunteers may help with light household chores, basic yard work, cooking, reading small-print documents and other tasks as needed. Volunteers are not expected to provide health care or transportation services for their senior.

As winter approaches, volunteers are also needed to assist seniors with shoveling snowy walkways and driveways. Ice and snow create a safety hazard, particularly for seniors or those with physical disabilities. A volunteer will be matched with a neighbor in need within walking distance of their home.

Visit www.arapahoegov.com/volunteer for position descriptions and volunteer applications. If you are an Arapahoe County senior living in independent housing interested in being adopted or receiving snow and ice removal assistance, please contact volunteer coordinator Nira Duvan at nduvan@arapahoegov.com or 303-738-7938.

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